



VET.M40-MASC(40-49 ANOS)	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	111	PAULO PEREIRA	49	DRAGON CLUB	VET.M40-MASC(40-49 AN	0:38:06
2	242	HÉLDER RODRIGUES	79	PEGASUS OCR PROTEAM	VET.M40-MASC(40-49 AN	0:39:26
3	39	JOEL ARAÚJO	15	ÁGUIAS DE ALVELOS	VET.M40-MASC(40-49 AN	0:40:04
4	38	VITOR MIRANDA	15	ÁGUIAS DE ALVELOS	VET.M40-MASC(40-49 AN	0:40:06
5	142	SÉRGIO LIMA	61	G JUVENIL VILA PUNHE	VET.M40-MASC(40-49 AN	0:40:30
6	82	LUÍS MIGUEL	40	CB RUN	VET.M40-MASC(40-49 AN	0:41:25
7	34	ANDRÉ OLIVEIRA	13	AFIPRE TEAM	VET.M40-MASC(40-49 AN	0:41:55
8	197	GIL	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:41:57
9	50	VITOR MENDES	22	ASS D. MONT BLUE TEAM	VET.M40-MASC(40-49 AN	0:42:11
10	17	MARCELO COSTA	5	A.D. ACTIVE RUNNING	VET.M40-MASC(40-49 AN	0:42:14
11	127	JOSÉ SILVA	58	GAVIÕES	VET.M40-MASC(40-49 AN	0:42:46
12	75	BRUNO MOREIRA	39	CASAS ADRIANO ASTROMIL C.	VET.M40-MASC(40-49 AN	0:42:47
13	132	EUGÉNIO BARROS	61	G JUVENIL VILA PUNHE	VET.M40-MASC(40-49 AN	0:42:52
14	214	NUNO COSTA	64	JMOITASPORTSCENTER	VET.M40-MASC(40-49 AN	0:43:08
15	222	RUI GOMES	68	MOOVE/AFACYCLES /ALOFT	VET.M40-MASC(40-49 AN	0:44:55
16	252	SEBASTIÃO PINTO	83	QUEBRARITMO	VET.M40-MASC(40-49 AN	0:44:57
17	20	VITOR CARNEIRO	5	A.D. ACTIVE RUNNING	VET.M40-MASC(40-49 AN	0:45:04
18	100	PEDRO VOGA	47	DEVESA RUNNERS	VET.M40-MASC(40-49 AN	0:45:06
19	255	PEDRO CASTRO	85	RUMO AVENTURA	VET.M40-MASC(40-49 AN	0:45:22
20	84	MIGUEL DE OLIVEIRA	40	CB RUN	VET.M40-MASC(40-49 AN	0:45:29
21	109	RICARDO OLIVEIRA	48	DIVE INTO THE MOUNTAINS	VET.M40-MASC(40-49 AN	0:46:02
22	28	HÉLIO JOSÉ	13	AFIPRE TEAM	VET.M40-MASC(40-49 AN	0:46:08
23	194	FERNANDO AMARO	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:46:08
24	275	RODRIGO SILVA	96	TEAM LANTEMIL	VET.M40-MASC(40-49 AN	0:46:19
25	30	HÉLDER PEREIRA BORGES	13	AFIPRE TEAM	VET.M40-MASC(40-49 AN	0:46:40
26	112	RUI SILVA	49	DRAGON CLUB	VET.M40-MASC(40-49 AN	0:46:46
27	45	JOSÉ FERREIRA COSTA	20	ARPO	VET.M40-MASC(40-49 AN	0:46:50
28	130	GILBERTO MOREIRA	60	GILBERTO & RODRIGO	VET.M40-MASC(40-49 AN	0:46:55
29	204	MIGUEL RODRIGUES	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:47:15
30	37	SÉRGIO SILVA	15	ÁGUIAS DE ALVELOS	VET.M40-MASC(40-49 AN	0:47:18
31	121	SÉRGIO SILVA	54	FAMAGRAPH	VET.M40-MASC(40-49 AN	0:47:25
32	103	EMANUEL COSTA	48	DIVE INTO THE MOUNTAINS	VET.M40-MASC(40-49 AN	0:47:32
33	272	JOSÉ TORRES	96	TEAM LANTEMIL	VET.M40-MASC(40-49 AN	0:47:36
34	259	COSME MACHADO	89	SC CABEÇUDENSE RUN TEAM	VET.M40-MASC(40-49 AN	0:48:06
35	177	RICARDO FERREIRA	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:48:08
36	15	JORGE CORREIA	6	A.D. NÓS ACREDITAMOS	VET.M40-MASC(40-49 AN	0:48:10
37	270	ÂNGELO COSTA	96	TEAM LANTEMIL	VET.M40-MASC(40-49 AN	0:48:33
38	159	HELDER ARAUJO	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:49:17
39	27	BRUNO MADUREIRA	13	AFIPRE TEAM	VET.M40-MASC(40-49 AN	0:49:17
40	200	JOSÉ OLIVEIRA	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:50:04
41	304	LUIS SANTOS	102	UCVNF	VET.M40-MASC(40-49 AN	0:50:42
42	223	FILIPE NEVES	68	MOOVE/AFACYCLES /ALOFT	VET.M40-MASC(40-49 AN	0:51:00
43	186	VITOR PEREIRA	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:51:35
44	268	FRANCISCO VIEIRA	95	SPORTING C CABEÇUDENSE	VET.M40-MASC(40-49 AN	0:51:42
45	60	RUI CARVALHO	28	B. V. FAMALICENSES	VET.M40-MASC(40-49 AN	0:52:12
46	47	ANDRE MARTINS	22	ASS D. MONT BLUE TEAM	VET.M40-MASC(40-49 AN	0:52:54
47	273	FILIPE RODRIGUES	96	TEAM LANTEMIL	VET.M40-MASC(40-49 AN	0:52:54
48	202	LUIS MIGUEL SILVA	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:52:56
49	21	PEDRO VIEIRA	7	A.D.AMARANTE TRAIL RUNNING	VET.M40-MASC(40-49 AN	0:53:36
50	305	VASCO FARIA	104	V&F AUTOMATISMOS	VET.M40-MASC(40-49 AN	0:54:03



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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
51	94	FILIPÉ COELHO	45	CRUISE CAR RUNNERS	VET.M40-MASC(40-49 AN	0:54:04
52	300	RUI SILVA	99	TEMOS PENA	VET.M40-MASC(40-49 AN	0:54:09
53	154	FERNANDO CARDOSO	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:54:38
54	64	JOÃO PEDRO CRUZ	30	BIDONI	VET.M40-MASC(40-49 AN	0:55:52
55	192	FÁBIO ALMEIDA	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:57:06
56	107	MILTON CABRAL	48	DIVE INTO THE MOUNTAINS	VET.M40-MASC(40-49 AN	0:57:21
57	187	ANDRÉ MANUEL ARAÚJO	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:57:52
58	180	RUI COSTA	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:58:01
59	8	PEDRO ALVES	2	A CORRER DESDE 1976	VET.M40-MASC(40-49 AN	0:58:13
60	264	MARCO MOREIRA	93	SÓ OS 2	VET.M40-MASC(40-49 AN	0:58:25
61	99	SÉRGIO SOUSA	47	DEVESSA RUNNERS	VET.M40-MASC(40-49 AN	0:58:50
62	287	FILIPÉ ARAÚJO	97	TEAM SHARK	VET.M40-MASC(40-49 AN	0:59:07
63	244	ALEXANDRE SILVA	80	PERNAS MILAGROSAS	VET.M40-MASC(40-49 AN	0:59:17
64	168	NELSON JORGE FERREIRA	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:59:25
65	208	RICARDO DUARTE	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	0:59:42
66	235	CÉSAR LOBO	76	O QUE QUEREMOS É MONTE	VET.M40-MASC(40-49 AN	1:00:11
67	266	FILIPÉ FERREIRA ASCENÇÃO	94	SOLE BROTHERS	VET.M40-MASC(40-49 AN	1:00:26
68	108	PEDRO COSTA	48	DIVE INTO THE MOUNTAINS	VET.M40-MASC(40-49 AN	1:00:53
69	183	TIAGO ALVES	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	1:02:45
70	106	MIGUEL MACHADO	48	DIVE INTO THE MOUNTAINS	VET.M40-MASC(40-49 AN	1:04:27
71	256	ROGERIO FERREIRA	86	RUSSA TEAM	VET.M40-MASC(40-49 AN	1:06:04
72	162	JOÃO RABAÇA	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	1:07:02
73	271	FERNANDO FERREIRA	96	TEAM LANTEMIL	VET.M40-MASC(40-49 AN	1:07:25
74	274	PEDRO COELHO	96	TEAM LANTEMIL	VET.M40-MASC(40-49 AN	1:07:27
75	150	ANTÓNIO PAIVA	0	INDIVIDUAL	VET.M40-MASC(40-49 AN	1:10:19
76	42	RICARDO ALMEIDA	17	ALMEIDA'S	VET.M40-MASC(40-49 AN	1:14:23